



Short Gut Syndrome families' support group newsletter

# ShortCuts

## Shorts

OCTOBER 30

2010

### trick or treating how to make Halloween treats less scary



Just because your child is on a limited diet, it doesn't mean that they can't enjoy Halloween. Many children have health conditions that make Halloween candy dangerous. Diabetes, food allergies, and short gut syndrome are just a few examples. But candy doesn't have to be the scariest part of Halloween. Here are a few things you can do to put the treat back into your trick-or-treating.

**Plan ahead:** Make sure nutritional needs are met before you go so kids won't be hungry and tempted while trick-or-treating. Talk with them so they know that they can collect the candy, but not eat it.

**Offer a trade:** Have small safe treats or toys that you can trade for forbidden candies. Stickers, pencils, play dough, books and "safe" foods make great substitutes.

**Prep the neighbors:** Deliver "safe" trinkets and treats to the friends and neighbors you plan to visit.

**Use your imagination:** The Food Allergies and Anaphylaxis Network suggests hanging candies in a tree overnight on All Hallows' Eve so the "good witch" can trade the treats for toys. Or perform some "magic" of your own. Buy two identical trick or treat bucket or bag, fill one with non-food or approved food treats and send the other trick-or-treating. Put both in a box, wave your wand and presto! a bag of safe goodies.

**Make it a game:** Award point values to different types of candy. After trick or treating, count up the points. 1 point for tootsie rolls, 2 suckers, 5 for candy bars, etc. Let your kids use their "points" to "buy" stickers, pencils, and other trinkets.

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**Give it away:** Know a friend or family member who's allowed candy but can't go out? Consider collecting on their behalf. Some churches, homeless shelters and even dentists accept Halloween candy to share with those in need.

**Trick-or-treat for a cause:** Rather than collecting candy, collect coins for charity. UNICEF has trick-or-treat boxes in Toys R Us stores or printable make your own boxes on their website at <http://youth.unicefusa.org/trickortreat/>. The Food Allergy and Anaphylaxis Network also has an annual trick or treat campaign. Visit [www.foodallergy.org](http://www.foodallergy.org) to learn more.

**Stay well-rounded:** Remember that you can celebrate the holiday without overly focusing on food. Costumes, haunted houses, pumpkin carving and hay rides are all a part of Halloween that don't involve food. The most important thing is that you enjoy your time as a family.

Have a Happy Halloween!

[www.shortgutsupport.com](http://www.shortgutsupport.com)

## Short Gut Syndrome families' support group newsletter

### what can the short gut families' support group do for you?

The Short Gut families' support group was created by families for families. Our mission is to provide parents and families of children with support and resources to help them to become better caregivers and better advocates for their children. To help us fulfill this mission, we offer the following resources:

#### an online community

At [www.shortgutsupport.com](http://www.shortgutsupport.com) you'll find a variety of resources available to you whether you are at home or in the hospital. These include:

A **message board** where you can connect with other families.

Informational **articles** on a variety of short gut related topics

**Links** to other websites with valuable resources for you, your child, and your family.

#### family to family outreach

Knowing someone else who's lived with Short Gut Syndrome can be invaluable.

We hold **support group meetings** where families can get together to learn and share experiences. Details are published in this newsletter and on our site.

We can also help to facilitate **on-on-one conversations** between families. Contact [emily@shortgut-support.com](mailto:emily@shortgut-support.com) for details.

#### the ShortCuts newsletter

One of the most important tools you can have is knowledge.

Our goal with every issue of ShortCuts is to provide you with the **information** you need to be able to provide the best possible care for your child.

If there are any **specific topics you'd like** us to address, please write and let us know. Your input helps, too. See the information below for ways you can contribute.